

Frito Chili Pie

Ingredients

- 3-5/8 tsp onion, raw
- 7-1/3 oz frozen cooked beef crumbles
- 1/4 cup canned diced tomatoes, no salt added
- 3/4 tsp canned tomato paste, no salt added
- 1/4 cup canned pinto beans, low sodium
- 1/8 tsp kosher salt
- 1-1/8 tsp chili powder
- 1-3/8 tsp garlic
- 3/8 tsp cumin
- 3/8 tsp chicken base, low sodium
- 6-1/2 tsp water
- 1-1/2 tsp ketchup, low sodium
- 4-1/8 oz Frito chips
- 6 tbsp shredded american blended cheese, reduced fat

Directions

1. In a large braising pan or large pot over medium high heat, add onions and cook for 45 seconds. Add in the ground beef.
2. Add diced tomatoes with juice and tomato paste and mix until blended. Simmer for 15 minutes.
3. Add beans, seasonings, chicken base, water, and catsup. Let simmer for an additional 15 minutes until the internal temperature reaches 165°F.
4. To serve, place 0.5 ounces of corn chips in the bottom of a bowl or tray. Top with 1/2 cup chili and 1 tbsp of cheese.

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 304 calories,
13.85 g fat, 5.46 g saturated fat,
586 mg sodium, 28.61 g
carbohydrate, 4.62 g fiber, 1.7 g
sugar, 14.95 g protein